

Let's Do Lunch! November 2013

Monday	Tuesday	Wednesday		Thursday	Friday	
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					Seasoned Tilapia	
					Over Rice	
					Spinach	
					Cornbread	
					Cantaloupe	
					1% Milk	
4	5		6	,	7	8
Beef and Turkey Meatballs	Chicken Pot Pie	Hawaiian Tilapia		Carne Adovada	Beef Barley Stew	
Over Noodles	Brussel Sprouts	Black Eyed Peas		Spanish Rice	Beets	
Oriental Vegetables	Dinner Roll	California Blend		Squash	Wheat Biscuit	
Wheat Bread	Blueberry Cobbler	Croissant		Flour Tortilla	Warm Apricots	
Warm Peaches	1% Milk	Pear		Sugar Cookie	1% Milk	
1% Milk		1% Milk		1% Milk		
11	12	1	13	14	4	15
Holiday	Green Chile Turkey Hoagie	Beef Lasagna		Ham and Corn Chowder	Chicken Stir Fry	
No Meals	Mac and Cheese	Green Beans		Cornbread	Rice	
	Scandinavian Blend	Breadstick		Spinach	Crescent Roll	
	Tapioca Pudding	Mandarin Oranges		Cold Peaches	Warm Pineapple	
	1% Milk	1% Milk		1% Milk	1% Milk	
18	19	2	20	21	1	22
Open Face Tortilla Burger	Salmon w/Teriyaki Glaze	Western Omelet (Ham)		Chicken Noodle Soup	Beef Meatloaf	
Chile	Rice Pilaf	Diced Potatoes w/Onions		Broccoli	Mashed Potatoes w/Gra	avy
Pinto Beans	Crinkle Cut Carrots	Stewed Tomatoes		Crackers	Mixed Vegetables	
Calabacitas	Wheat Biscuit	Wheat Bread		Warm Apricots	Wheat Roll	
Fruit Cocktail	Chocolate Chip Cookie	Orange		1% Milk	Banana	
1% Milk	1% Milk	1% Milk			1% Milk	
25	26		27	28		29
Green Chile Chicken	Spaghetti w/ Meat Sauce	Turkey and Gravy		Holiday	Holiday	
Tamale	Italian Blend Vegetables	Mashed Potatoes		No Meals	No Meals	
Mexicorn	Breadsticks	Green Bean Casserole				
Tortilla	Cinnamon Apples	Yams				
Chocolate Cake	1% Milk	Pumpkin Cheesecake				
1% Milk		1% Milk				

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread only upon request.